CLAIMS

- 1. A magnetorheological damper, the damper comprising:
- a cylindrically shaped housing;
- a magnetorheological fluid disposed in the cylindrically shaped housing;
- a piston assembly disposed within the cylindrically shaped housing in sliding engagement with the cylindrically shaped housing defining a first chamber and a second chamber, wherein the piston assembly comprises a plurality of cylindrically shaped fluid passageways extending from the first chamber to the second chamber, and at least one electromagnet; and

a power supply in electrical communication with the at least one electromagnet.

- 2. The magnetorheological damper of Claim 1, wherein the plurality of cylindrically shaped fluid passageways defines a cross sectional area of the piston assembly of at least about 30 to about 70 percent.
- 3. The magnetorheological damper of Claim 1, wherein the cylindrically shaped fluid passageways are formed from a plurality of annular plates stackedly arranged, wherein each one of the plurality of annular plates comprise a plurality of circular openings that when aligned with the other ones of the plurality of annular plates form the cylindrically shaped fluid passageways.
- 4. The magnetorheological damper of Claim 3, wherein each one of the plurality of annular plates comprising the plurality of circular openings
- 5. The magnetorheological damper of Claim 1, wherein the cylindrically shaped fluid passageway has a diameter that increases from the first chamber to the second chamber.

- 6. The magnetorheological damper of Claim 1, wherein the cylindrically shaped fluid passageway has a diameter that decreases from the first chamber to the second chamber.
- 7. The magnetorheological damper of Claim 1, further comprising a third chamber defined by a second floating piston and an end of the housing, wherein the third chamber is filled with an inert gas.
 - 8. A magnetorheological damper, the damper comprising:
 - a cylindrically shaped housing;
 - a magnetorheological fluid disposed in the cylindrically shaped housing;
- a piston assembly disposed within the cylindrically shaped housing in sliding engagement with the cylindrically shaped housing defining a first chamber and a second chamber, wherein the piston assembly comprises an open cell porous media comprising a plurality of fluid passageways extending from the first chamber to the second chamber, and at least one electromagnet centrally disposed in the piston assembly; and
- a power supply in electrical communication with the at least one electromagnet.
- 9. The magnetorheological damper of Claim 8, wherein the fluid passageways have circular or polygon shaped cross sectional openings.
- 10. The magnetorheological damper of Claim 8, wherein the open cell porous media comprises a plurality of stackedly arranged sheets, wherein each sheet is a rigid lattice network of nonmetallic material having hexagonally shaped openings.
- 11. The magnetorheological damper of Claim 8, wherein the fluid passageways formed in the open cell porous media have a cross sectional area of about 30 to about 70 percent.

- 12. The magnetorheological damper of Claim 8, wherein the open cell porous media comprises a rigid foam comprising a plurality of irregularly shaped fluid passageways extending from the first chamber to the second chamber.
- 13. The magnetorheological damper of Claim 8, wherein the fluid passageways have different size and/or shaped openings.
- 14. The magnetorheological damper of Claim 8, further comprising a third chamber defined by a floating piston and an end of the housing, wherein the third chamber is filled with an inert gas.